Coping with Stress
COVID-19

Healthy ways to cope with stress

Take care of your body
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol and drug use.

Take breaks from watching, reading, or listening to news stories
- Hearing about the pandemic repeatedly can be upsetting.

Make time to unwind
- Try to do some other activities you enjoy.
  - Take a walk
  - Spend time in nature
  - Listen to music

Connect with others
- Talk with people you trust about your concerns and how you are feeling.

Reach out for help
- **We are here for you!** For information about El Centro's behavioral health services or to schedule an appointment, please call (713) 660 - 1880 ext. 1415.
  Telehealth appointments are now available!

El Centro de Corazón
Quality Health Care

Source: Centers for Disease Control and Prevention